Tips for creating cultural calendars: Sample West Coast Cultural Calendar

**Spring**
- Herrings
- Eagles arrive
- Birds nesting, new fawns
- Tadpoles
- Salmonberries, blackcaps
- Digging cedar roots and picking grasses for baskets
- Picking fiddleheads, alder buds, new shoots

**Summer**
- Fishing in ocean
- Picking blackberries, huckleberries, thimbleberries
- Collecting medicinal plants
- Canoe racing/festivals
- Drying clams, meat, fish
- Wild plums

**Winter**
- Spinning and knitting sweaters, hats, socks, mittens, vests
- Long House dances
- Feasts and Memorial Ceremonies
- Repairing nets and spears
- Carving
- Making jewelry
- Weaving blankets and baskets

**Fall**
- Salmon in river—spearing, netting
- Deer hunting
- Smoking and canning salmon
- Gathering nuts, roots, wild mushroom, apples
- Cutting and splitting firewood for Long House and Elders
- Food preserving

**Year Round**
- Clam-digging
- Ceremonies and Feasts
- Cooking and baking

- Childbirth, childrearing practices
- Caring for Elders
- Burials and funerals
- Sports